

HAMMER
STRENGTH

**HAMMER
STRENGTH®**

BUILDING CHAMPIONS

SMITH MACHINE

OWNER'S MANUAL

HSSM / 02/20/09 / 8678101 REV A-1



CORPORATE HEADQUARTERS

5100 River Road
Schiller Park, Illinois 60176 • U.S.A.
847.288.3300 • FAX: 847.288.3703
800.735.3867 (Toll-free within U.S.A., Canada)
Global Website: www.lifefitness.com

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Fax: (847) 288 3703
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Sales/Marketing Email: commercialsales@lifefitness.com
Operating Hours: 7:00 am-6:00 pm (CST)

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Sales/Marketing Email: lifefitness@lifefitness.com.br
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Sales/Marketing Email: commercialsales@lifefitness.com
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Sales/Marketing Email: marketing.benelux@lifefitness.com
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Fax: (+44) 1353.666018
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Sales/Marketing Email: life@lifefitness.com
Operating Hours:
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Customer Support: 8.30am - 5.00pm (GMT)

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Operating Hours: 9.00h-17.00h (MEZ)

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Fax: (+34) 936 724 670
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Sales/Marketing Email: info.iberia@lifefitness.com
Operating Hours:
9.00h-18.00h (Monday-Thursday)
8.30h-15.00h (Friday)

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37010 Affi Verona
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Fax: (+39) 045.7238197
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Sales/Marketing Email: info@lifefitnessitalia.com
Operating Hours: 8.30h -18.00h (CET)

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All Other EMEA countries & distributor business C-EMEA*

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Operating Hours: 9.00h-17.00h(CET)

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Sales/Marketing Email: sales@lifefitnessjapan.com
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China and Hong Kong Life Fitness Asia Pacific LTD

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Fax: (+852) 2575.6001
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Sales/Marketing Email: ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

All Other Asia Pacific countries & distributor business Asia Pacific*

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132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001
Service Email: HongKongEnquiry@lifefitness.com
Sales/Marketing Email: ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

* Also check www.lifefitness.com for local representation or distributor/dealer.

SAFETY AND WARRANTY

It is the sole responsibility of the purchaser of LIFE FITNESS products to read the owner's manual, warning labels and instruct all individuals whether they are the end user or supervising personnel, on proper usage of the equipment.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT LIFE FITNESS CUSTOMER SERVICE IMMEDIATELY AT 1-800-735-3867.

This equipment is categorized as class S per EN 957-1 and as such is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact LIFE FITNESS with any questions regarding this classification.

It is recommended that all users of LIFE FITNESS exercise equipment be informed of the following information prior to use.



ACCESS CONTROL

LIFE FITNESS recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner.



INSTALLATION

SECURING EQUIPMENT-LIFE FITNESS recommends that all equipment be secured to a solid, level surface to stabilize it and to eliminate rocking or tipping over. This must be performed by a licensed contractor.



PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that LIFE FITNESS equipment is used properly to avoid injury.
2. Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
3. Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
4. When adjusting any seat, knee hold-down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.



INSPECTION

1. DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all LIFE FITNESS equipment use only replacement parts supplied by LIFE FITNESS.
2. Cables and belts pose an extreme liability if used when frayed. Always replace any cable at first sign of wear (consult LIFE FITNESS if uncertain).
3. Routinely inspect all accessory clips that join attachments to the cables and replace at the first sign of wear.
4. MAINTAIN LABELS AND NAMEPLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.
5. EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
6. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. LIFE FITNESS will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.
7. Before any use, examine all accessories approved for use with the LIFE FITNESS equipment for damage or wear.
8. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE LIFE FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.



OPERATING WARNINGS

1. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all LIFE FITNESS equipment.
2. Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
3. Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have user's secure long hair back and up to avoid contact with moving parts.
4. All bystanders must stay clear of all users, moving parts, attached accessories and components while machine is in operation.



PLATE LOADED, FREE WEIGHT AND BODY WEIGHT SYSTEMS

1. If the unit is equipped with weight rods, use only Olympic style weight plates (2.0" Bore) for training weight. Do not use dumbbells or any means other than those stated to increase weight resistance - See machine specific section for more information.
2. Always utilize weight plate retention devices such as clamps or pins.
3. Only add weight plates up to the load limits of the unit. Make sure all weight plates are completely placed on the weight rod.
4. Never exceed the load rating for any plate loaded station, body weight station, bench or other free weight device, including specific weight rod and band peg limits. See machine specific section for load limit information.
5. Contact a LIFE FITNESS representative with any questions regarding proper weights and loading.

WARRANTY

WHAT IS COVERED

This LIFE FITNESS commercial exercise equipment (.Product.) is warranted to be free of all defects in material and workmanship.

WHO IS COVERED

The original purchaser or any person receiving the product as a gift from the original purchaser.

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, We, LIFE FITNESS, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges after the first year.

WHAT WE WILL DO TO CORRECT COVERED DEFECTS

We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual (.Manual.).

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness representative.

OPERATION MANUAL

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

EXCLUSIVE WARRANTY

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

SAFETY AND WARRANTY

CHANGES IN WARRANTY NOT AUTHORIZED

No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECTS OF STATE LAWS

This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

OUR PLEDGE TO YOU

Our Products are designed and manufactured to the highest standards.

We want you to be completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

HOW TO OBTAIN PARTS & SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit.
3. Contact the nearest Life Fitness Customer Support Services group.

WARRANTY COVERAGE

*There is no warranty coverage for labor on Strength Products.

Upholstery	Springs	Belts	Bearings	Cables	Grips	Blocks
90 Days	90 Days	90 Days	5 Years	1 Year	90 Days	5 Years

Pulleys	Plates	Rods	Frame	Cosmetic	Hardware/Mechanical
5 Years	5 Years	5 Years	10 Years	90 Days	1 Year

CONTACT AND INFORMATION

For Product Service within the United States and Canada:

Toll-free: 800-351-3737

Please call Monday through Friday from 7:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address, and serial number of your Product. They will tell you how to get a replacement part, or if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service. Before shipping:

1. **Obtain** a Return Authorization Number (**RA#**) from Customer Support Services.
2. Securely **pack** your Product (use the original shipping carton, if possible).
3. **Write** the **RA#** on the outside of the carton.
4. **Insure** the Product.
5. **Include** a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

Return address:

Life Fitness World Headquarters

Attn: CSS Help Desk

5100 N. River Rd.

Schiller Park, IL 60176

For Product Service Internationally:

Life Fitness Europe GmbH
Telephone: (+49) 089.31.77.51.0
FAX: (+49) 089.31.77.51.99

Life Fitness (UK) LTD
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Life Fitness Benelux
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Life Fitness Latin America and Caribbean
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FAX: (+1) 847 288.3703

Life Fitness do Brazil
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FAX: (+55) 11.4133.2893

Life Fitness Japan
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FAX: (+81) 3.3359.4307

Life Fitness Iberia (Spain)
Telephone : (+34) 93.672.4660
FAX : (+34) 93.672.4670

MAINTENANCE PROCEDURES

MAINTENANCE SCHEDULE

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
CLEAN				
Upholstery	X			
Guide Rods			X	
Shrouds			X	
Hand Grips				X
WAX				
Frames				X
INSPECT				
Paint			X	
Cable	X			
Hardware		X		
Frame		X		
Hand Grips		X		
Shrouds	X			
LUBRICATE				
Guide Rods				X

CLEAN...

1. Upholstery with a mild soap and water.
2. Guide Rods with a cotton cloth.
3. Hand Grips with mild soap and water.

WAX...

1. Frames with a standard, non-abrasive, wax finish.

INSPECT...

1. Cables for wear or damage and proper tension.
Pay close attention at bends and attachment points.
2. Hardware should be checked for looseness. Tighten as required.
3. Frames should be inspected for wear and damage.
4. Handgrips should be checked for wear and damage.
5. All paint chips should be filled in immediately with Life Fitness touch-up paint.

MAINTENANCE PROCEDURES

LUBRICATE

Lubricate guide rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Apply the lubricant to a cotton cloth, and then run the cotton cloth up and down the guide rods as needed.

Note: only a few drops of lubricant are required for each guide rod.

ONCE A DAY

1. Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
2. Visually inspect cables for wear at and around connections and along the entire length of the cable. Always replace at the first sign of wear.

ONCE A WEEK

1. Visually inspect all hardware for loosening, tampering or wear.
2. Check Jam Nut at top of weight stack for tightness.
3. Inspect all accessories, connecting links and carabiner clips for wear.
4. Check condition of hand grips.
5. Check cables for stretch and adjust as necessary by loosening the large Jam Nut on top of the weight stack and by screwing in the Threaded Plug until cable is tight and the weight stack pin goes in all holes easily.
6. Inspect Shrouds for damage and clean as necessary.

ONCE A MONTH

1. Clean Guide Rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Clean tops of bearings at stack and inspect for heavy buildup on rods below the head plate. Lift half of stack and do a visual inspection, then clean as necessary.
2. Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.

NOTES

Use polishing compound (such as car wax) to remove shoe scuffs from powder coated surfaces as necessary.

CLEANING THE SHROUDS

Adherence to regular and proper cleaning procedures is recommended to preserve the appearance.

MINIMIZE SCRATCHES

Wash the shrouds with a mild soap or detergent (e.g. Original Dawn® Dishwashing Liquid) and luke-warm water using a clean sponge or a soft cloth. Rinse well with clean water. Dry thoroughly with a chamois or moist cellulose sponge to prevent water spots. Do not scrub or use brushes on the shrouds.

Fresh paint splashes, grease and smeared glazing compounds can be removed easily before drying by rubbing lightly with isopropyl alcohol. Afterward, a warm final wash should be made, beginning with a mild soap or detergent solution and ending with a thorough rinsing with clean water.

MAINTENANCE PROCEDURES

COMPATIBLE CLEANERS

The following agents have been found compatible with Life Fitness Shrouds:

Original Dawn®

Freon T.F.®

Palmolive Liquid®

Top Job®

Windex® with Ammonia D

The manufacturer's recommendations and instructions should always be followed.

REMOVAL OF PAINT, MARKING PEN AND LABELS

Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc.

Labels, stickers, etc. may be removed using kerosene. When the solvent will not penetrate sticker material, apply heat (hair dryer) to soften the adhesive and promote removal. GASOLINE SHOULD NOT BE USED.

IMPORTANT HAZARDS

1. DO NOT use abrasive or highly alkaline cleaners on the shrouds.
2. NEVER scrape shrouds with squeegees, razor blades or other sharp instruments.
3. DO NOT clean shrouds in hot sun or at elevated temperatures.
4. NEVER use benzene, gasoline, acetone or carbon tetrachloride on the shrouds.

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HSSM DIMENSIONS

HAMMER STRENGTH SMITH MACHINE

Product # - HSSM

Machine Weight: 570 lbs.

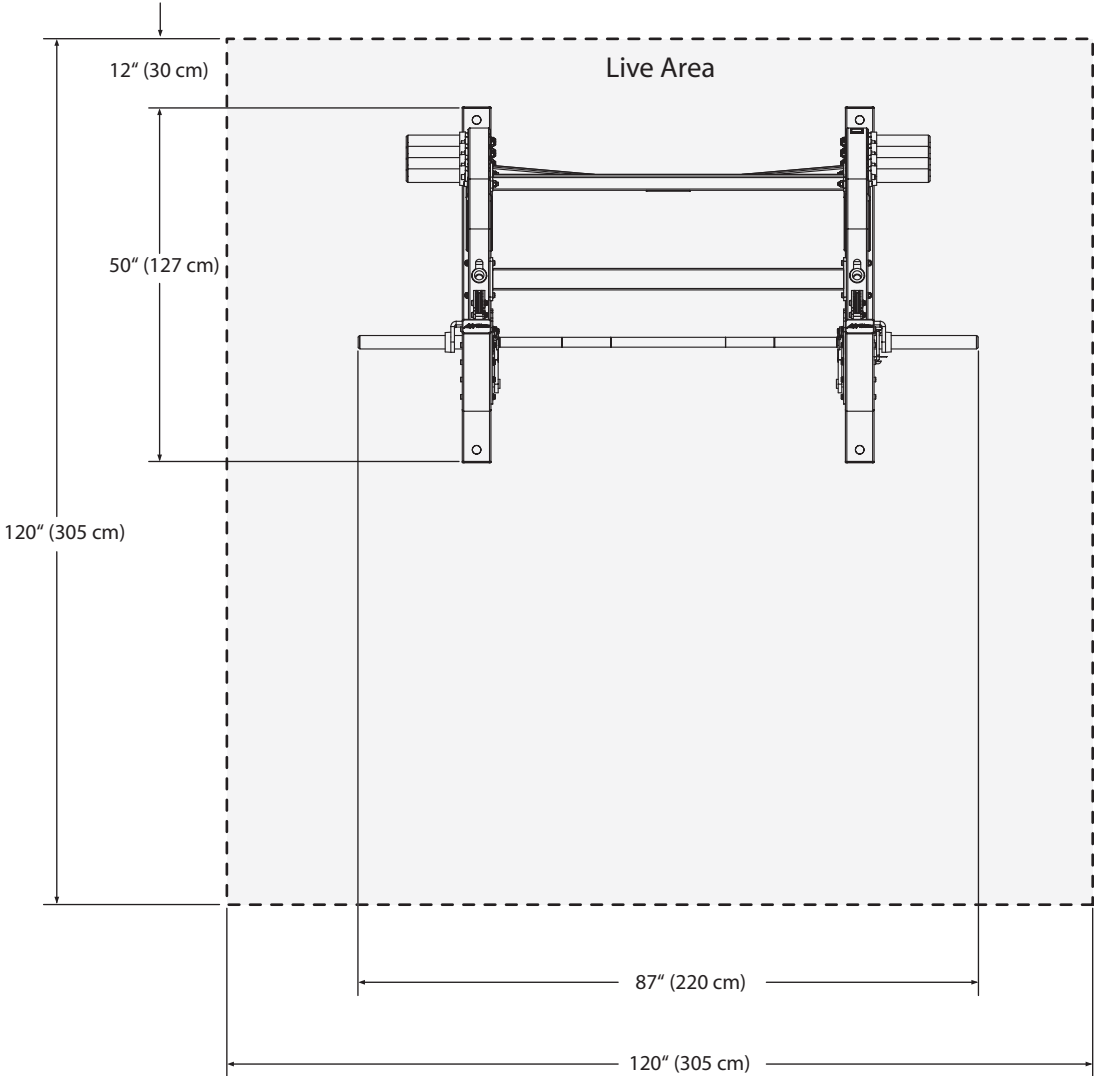
259 kgs.

Size: 49.6" D (126.0cm) x 86.5" W (219.71cm) x 92.8" H (235.7cm)

Live Area: 10' L (3.0m) x 10' W (3.0m)

Max Training Weight: 650 lbs. 309 kgs.

Max Plate Capacity: 7 - 45 lb. plates per side; 20 lb. Lift Bar = 650 lbs.
6 - 25 kg. plates per side; 9 kg. Lift Bar = 309 kgs.



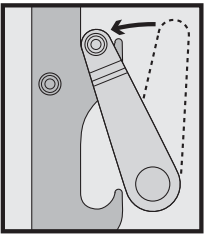
LABEL LOCATIONS

WARNING

Bar will fall if hook is not fully engaged into slot.

Start resistance:
20 lbs (9 kg)

Max load capacity:
7 - 45 lb plates
per side
(6 - 25 kg plates
per side)



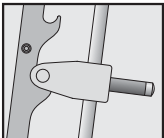
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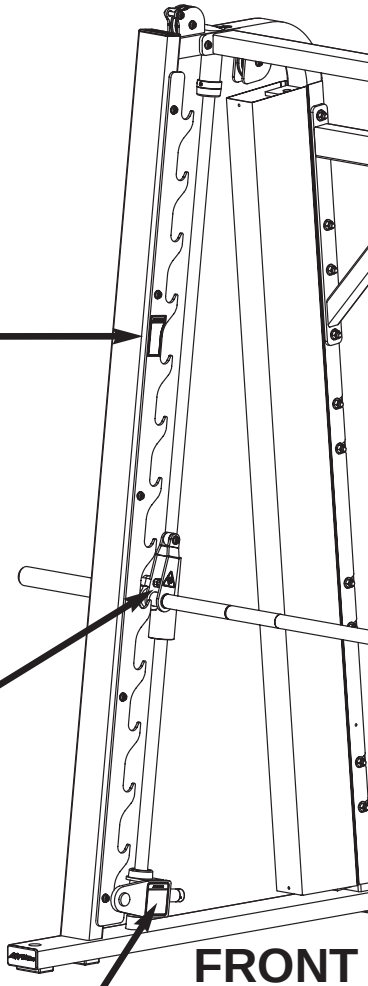
WARNING

Do not use without setting adjustable stop.

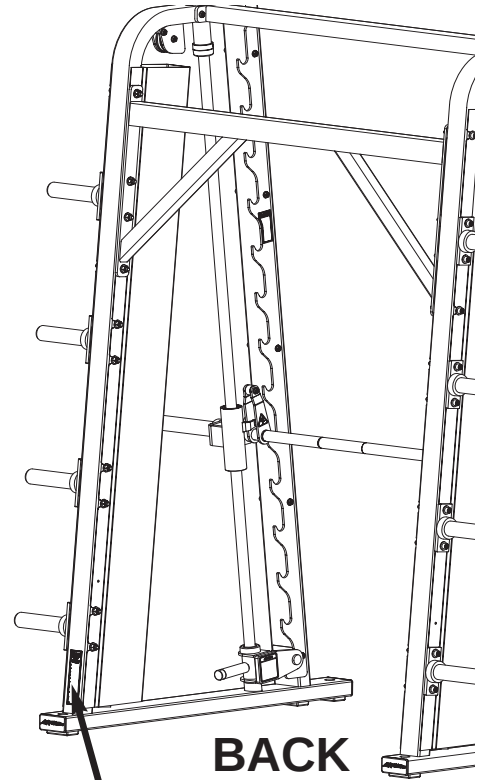
Proper Adjustment: Before using machine, adjust stops just below the desired range of motion for the exercise to be performed.



8349301



FRONT



BACK

WARNING

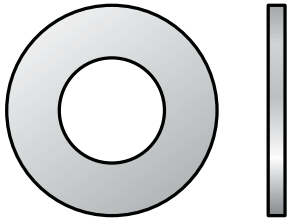
SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Before using, read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before use. **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Seek assistance.
7. Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
8. Use only the incremental weights supplied by the manufacturer. **DO NOT** use dumbbells or other means to add resistance to the machine.
9. Children must not be allowed near this machine. Supervise teenagers.
10. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
11. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

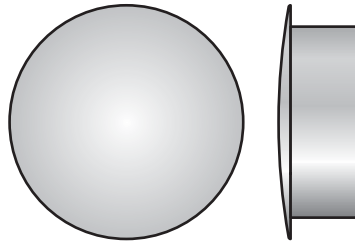
COMPONENTS AND HARDWARE

ITEM No	QTY.	DESCRIPTION
1	1	LEFT SIDE FRAME
2	1	RIGHT SIDE FRAME
3	1	TOP BRACE
4	1	REAR BRACE
5	1	RIGHT CARRIAGE
6	1	LEFT CARRIAGE
7	4	LINEAR BEARING
8	2	BUMPER
9	4	1" HOLE PLUG
10	4	2-1/4" RETAINER RING
11	8	3/8" WASHER
12	4	M10 HEX NYLOCK NUT
13	4	M10 X 100MM SOCKET HEAD CAP SCREW
14	16	1/2" FLAT WASHER
15	8	M12 HEX NYLOCK NUT
16	4	M12 X 110MM SOCKET HEAD CAP SCREW
17	4	M12 X 120MM SOCKET HEAD CAP SCREW
18	2	CABLE CLEVIS PIN
19	2	3/8" EXTERNAL E-RING
20	1	WEIGHT BAR
21	1	WEIGHT HORN LABEL SHEET

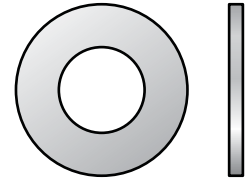
COMPONENTS AND HARDWARE



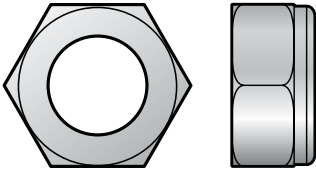
1/2" FLAT WASHER (#14)



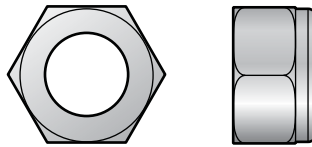
1" HOLE PLUG (#9)



3/8" FLAT WASHER (#11)



M12 HEX NYLOCK NUT (#15)



M10 HEX NYLOCK NUT (#12)



M12 X 120MM SOCKET HEAD CAP SCREW (#17)

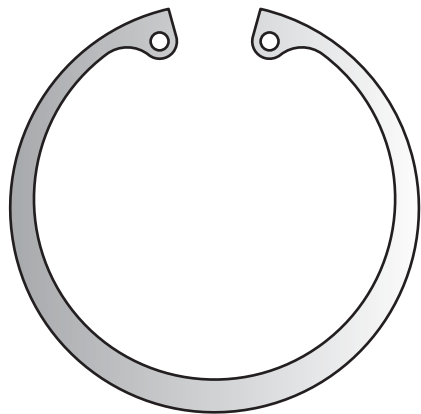


M12 X 110MM SOCKET HEAD CAP SCREW (#16)



M10 X 100MM SOCKET HEAD CAP SCREW (#13)

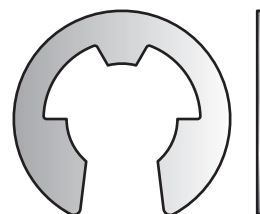
COMPONENTS AND HARDWARE



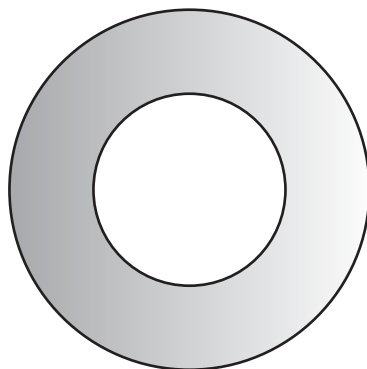
2 1/4" RETAINER RING (#10)



CABLE CLEVIS PIN (#18)



3/8" EXTERNAL E-RING (#19)



BUMPER (#8)

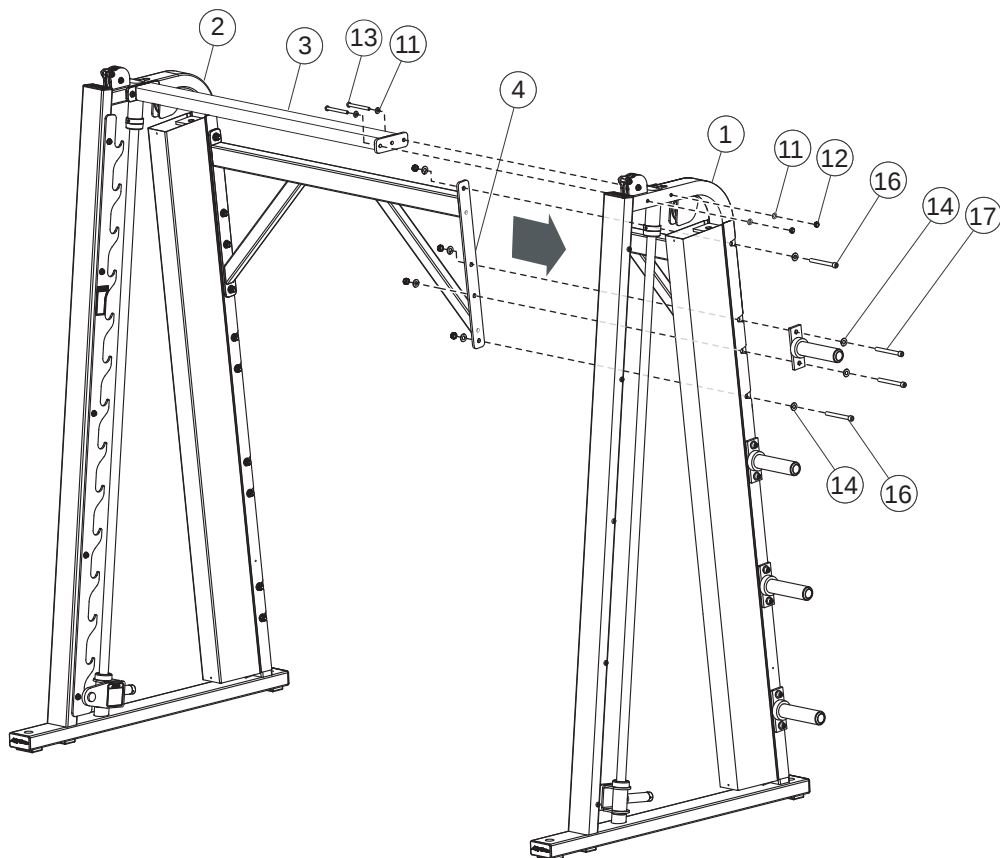


Tools Required:

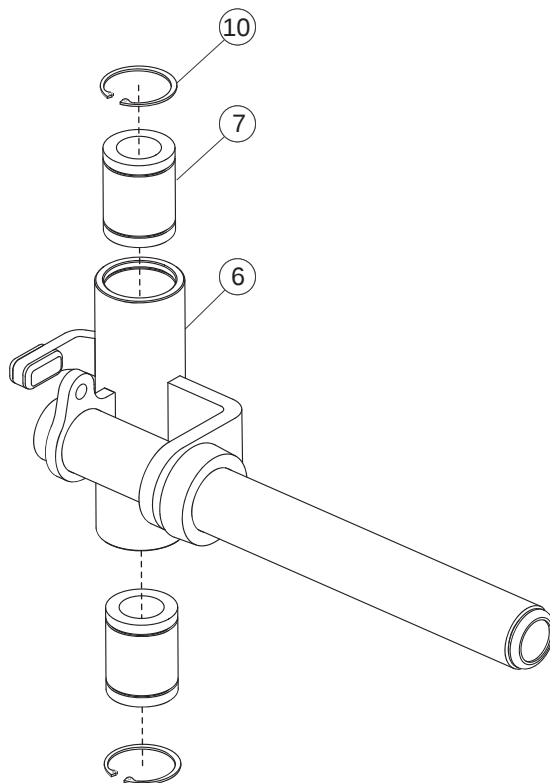
- 5mm Allen Wrench
- 7mm Allen Wrench (2x)
- 10mm Allen Wrench
- 17mm Open End Wrench
- 19mm Open End Wrench
- Ratchet with 17mm Socket
- 17mm Deep Socket
- Ratchet Extension
- Snap Ring Plier
- 3/8" E-style External Retaining Ring Tool
- Tape Measure

1

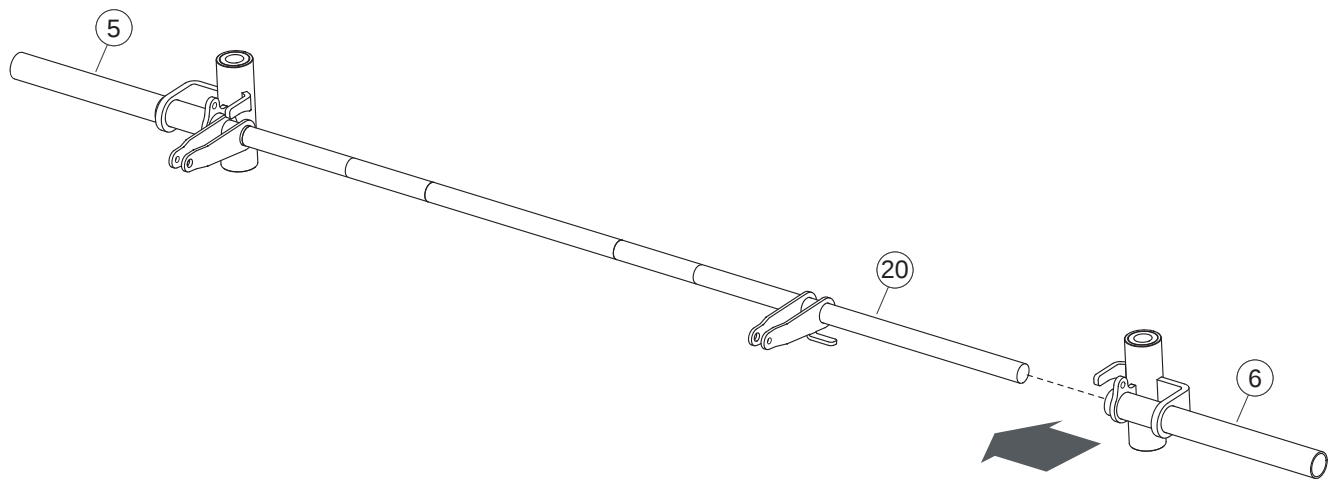
ASSEMBLY INSTRUCTIONS



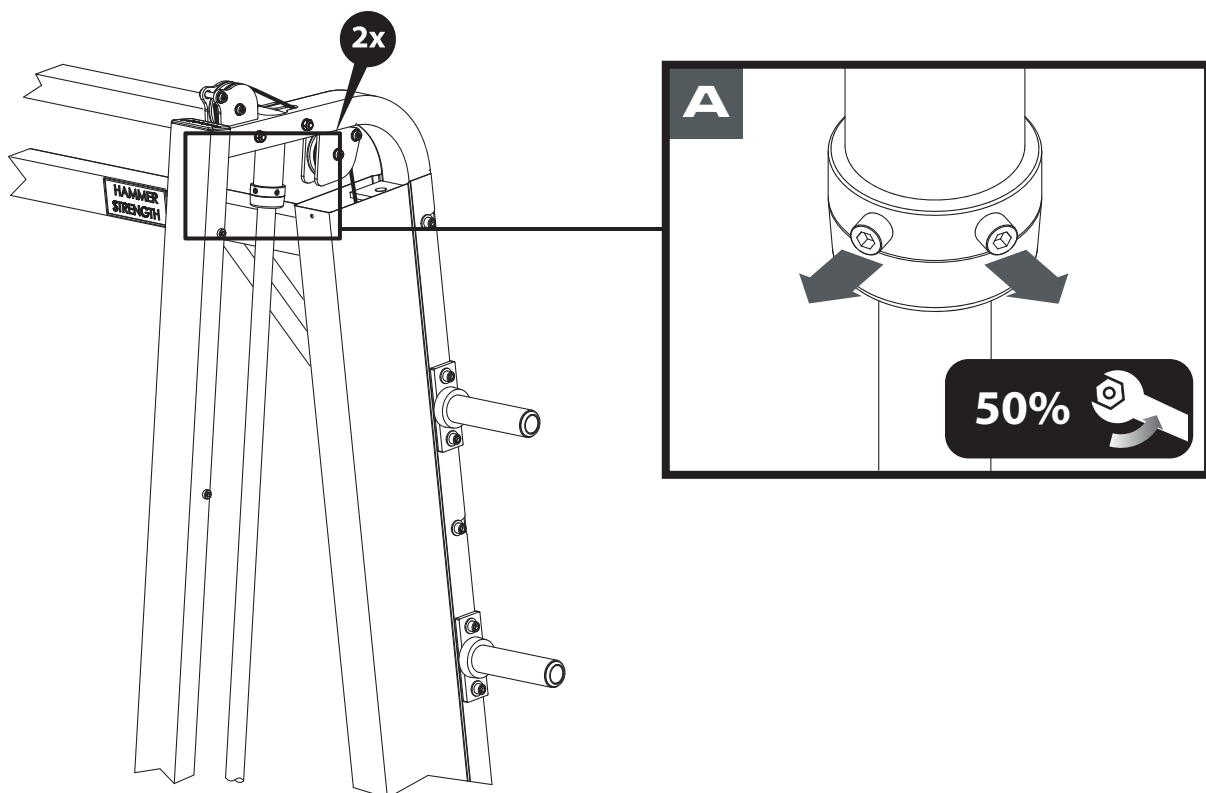
2



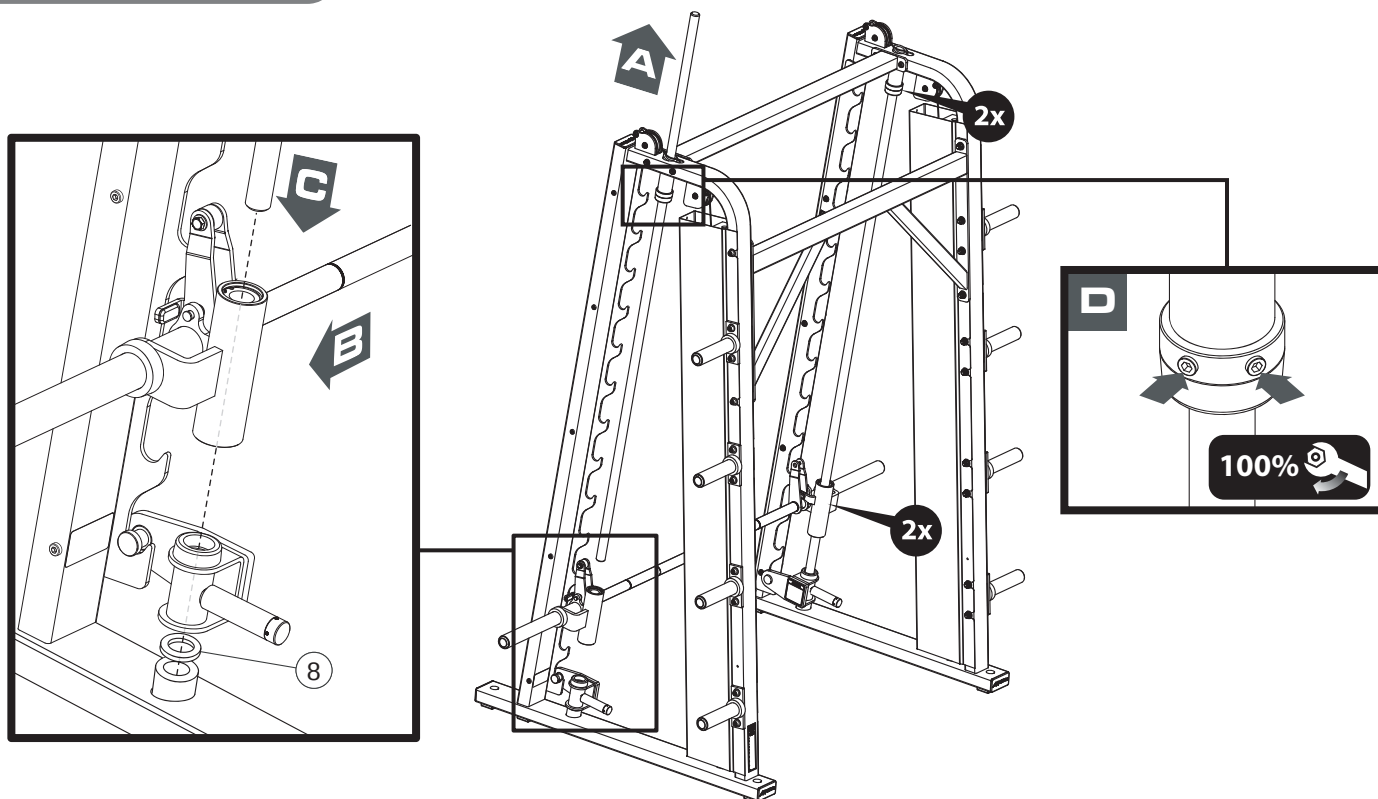
3



4



5



6

